

**REPORT OF THE UBA ACTIVITIES CARRIED OUT IN GOVT COLLEGE FOR WOMEN,  
THIRUVANANTHAPURAM, KERALA**

**AISHE CODE: C43705**

The activities related to UBA started in November 2019. Five villages were adopted by the college, which includes villages under Thiruvananthapuram, Pangode, Aruvikkara, Aryanad, and Kudappanakunnu. An initial survey, including 50 households from each village, was carried out to understand the needs assessments of the selected areas. Though the areas selected by the colleges are from a semi-urban background, the needs of the people were different. It includes the necessity for more awareness classes, skill development for the children, livelihood training programs, etc.; hence, the focus of the activities was directed towards meeting such needs. The participation of village officers, ward members, kudumbasree, and ICDS needs to be mentioned.

**AWARENESS CLASSES FOR SCHOOL CHILDREN:**

Continuous sessions on every week on areas related to health, hygiene, sanitation and eat right. Children belonging to the age group of 6-12 years were selected for creating the awareness. Separate classes on Safe touch, awareness on Child Helpline were also given to children.

**Life Skill Training for school children:**

Two Govt schools in the adopted villages were identified and programme on a weekly basis was planned and implemented. Students were given classes based on fun learning activities on areas of family relationship, Self help and mutual help, trust building, public speaking and Speaking out. This programme was an eye opener for the student volunteers as well to understand the attitude, apprehension and concerns of young children.

The programme was done during the months of Aug-September. Children were also taught simple self defence tips with the help of an NGO based in Thiruvananthapuram.

**Swachta Hi Sewa Campaign:**

As part of the call from UBA , 500 cloth bags were made and distributed to the villages ON Oct 2<sup>nd</sup>, 2019. Around 40 student volunteers participated in the bag making campaign. Faculty members donated sarees for the cause apart from the 100m of plain cloth that we purchased. Students also gave public announcement on the crowded junctions and sought the support of shop keepers as well for joining the cause.

**Celebrations of importance days**

Days on importance such as Mental health day, World food day, World heart day, Literacy day, Malala Day, Children's day, Nature Conservation day, Population day, Elderly day etc were celebrated in the community with the active participation from school children and adults alike. Various webinars on the issues of ageing and fun activities for the older adults were organised. Participants from many villages joined the programme. Online anthakshari and Story telling sessions received great appreciation from the older adults.

**Xmas Sale:**

A Xmas sale was initiated in the college, of which women entrepreneurs in the TvpM city, every year, along with those from adopted villages also participated in the exhibition and

sale. The idea behind the sale was to introduce the products of the women groups of our villages and to give them an avenue for marketing. The college authorities welcomed the idea and agreed to give them a venue for marketing their products once in a month, without any financial burden for them.

#### **Workshop on Scrap, Stitches and Meanings:**

A two day workshop on Applique design was given to student volunteers of UBA and interested women from the adopted villages. The materials used for the workshop were from scrap waste cloths thrown by the tailors. Student volunteers collected a sack of cloth waste from nearby tailoring units and distributed them to the participants of the workshop. This workshop helped the women in our villages to adopt Applique works in their cloth bags and the dresses that they stitch. Mrs. Medha Bhatt Ganguly, Founder of First Forest, Ahamedabad was the resource person for the two day workshop.

#### **Awareness session on Safe Menstrual Hygiene practices and Medical camp:**

An awareness programme for the women in the Thiruvananthapuram and Aruvikkara villages on Safe Menstruation and Hygiene practices during Xmas Vacation 2019 and a medical camp was conducted in these areas with the help of Doctors from IMA. UBA supported and initiated this programme.

**Yoga day celebrations :** Every year an intercollegiate- inter school Yoga day challenge was designed and organized by the UBA Cell in association with the NCC unit of the college. Student volunteers and yoga trainers teach and promote yoga to the public and school children.

#### **Activities during COVID times:**

1. The non teaching staff of the college, in the leadership of Lab Attender, Shri Vijayakumar of the Department of Zoology, and a red cross volunteer, distributed food packets to the needy people in Thiruvananthapuram. They also distributed masks for the people. These activities were carried out under the support and guidance of the UBA Cell.
2. Students of NSS, made a video to create awareness among the public on the management of Covid 19.
3. The faculty members of the college engaged in microgreen farming and this has motivated the women in villages, especially from Kudappanakunnu and Aruvikkara, to take it up as their lock down challenge and Smt.Soumya Rani, ICDS Supervisor and alumnae of the college has taken lead to engage all the 34 anganwadis under the Aruvikkara panchayat to do microgreen farming as part of the management of this lock down period.
4. Sadiya of II B A Economics Adithya RS ( II M A Business Economics )& Dr Umajyothi V( Associate Professor and Head , Dept of Economics ), teaching out to visually challenged children and youth , who have limited accessibility to newspapers , books etc . They have been doing it as part of Aksharanadam , a whatsapp group formed for providing information accessibility to visually challenged people and for improving their capabilities .The present lock down has made it essential to reorient the initiative for ensuring accessible information on various aspects .
5. Research scholars of various departments are actively involved in conducting studies related to the effect of lock down. Research scholars conducted a study on the eating habits of people during lockdown and the students of psychology conducted a study on the effect of lockdown on the mental health of the people.

6. A Focal group discussion on the National Education policy was conducted among the high school students and college students on 24.09.2020.
7. The faculty members of the college is constantly supporting the school children of the adopted villages for exam preparations. Both online and offline remedial classes were being carried out in association with various schools in the villages.
8. UBA cell organises many webinars for the public in association with Indian Medical Association, Kerala Govt Medical Officers Association and KILA.
9. Balagramasabha – a novel concept, which is of the first of its kind, was initiated at Aruvikkara panchayat with the support of childline and the students of the college. Based on the ideas received from the balasabha, continuous training programmes are being organised on timely basis to provide life skill training to them.
10. Distribution of masks and sanitizers to the adopted villages
11. Remedial coaching classes for children in state syllabus through you tube.
12. A Television was given to a student from adopted village who informed her incapacity to attend school classes. 10 Mobile phones were also distributed to the needy students of the villages with the support of college teachers.
13. A webinar series (7 topics) on various issues related to pandemic was organised for the community, to overcome pandemic.
14. Communication games were designed and developed by students for Children and elderly for improving their mental well-being as well as creating awareness about the pandemic.
15. Creative posters were made and shared with adopted villages school groups on the importance of vaccination.
16. Offline sessions were taken by the post graduate students on creating awareness on women issues among the self help group members of two adopted villages. The students went to the villages and extended their support for starting up of sustainable livelihood projects among women and elderly neighbourhood groups. These programmes were still in action on a sustainable basis on Kudappanakunnu and Aruvikkara.
17. Capacity building webinar series were conducted for the school students and parents on various topics.
18. The students of the dept of Music has composed a music album on COVID , which was widely circulated among the communities.
19. The post graduate students from various depts has come up with a handful of short videos on various issues on covid – like nutritional tips, importance of sms- vaccination and post covid management recovery, kitchen gardening and the like.

#### Current ongoing programmes in the villages (2022-23)

20. Celebration of International year of Millets 2023- through awareness programmes, demonstrations, talks from doctors and experts.
21. Livelihood training programmes with the support of Earn while you learn volunteers on soap making, baking, mushroom cultivation.
22. Formation of elderly self help groups and providing training.
23. Environmental awareness and energy conservation behaviour change communication strategies through grassroot level trainings incorporating schools, self help groups and neighbourhood groups.

Students frequently go to the villages and join the Self help groups for continuing their awareness programmes. A gender training programme and a legal literacy awareness class were also carried out during this period. 8 students participated in the virtual internship

programme carried out by Gandhigram University and has successfully completed their internships. They have developed few social media materials as well for the community.

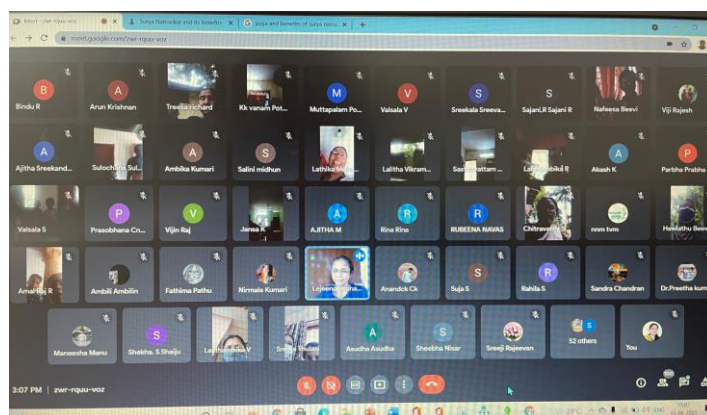
**Photographs:**



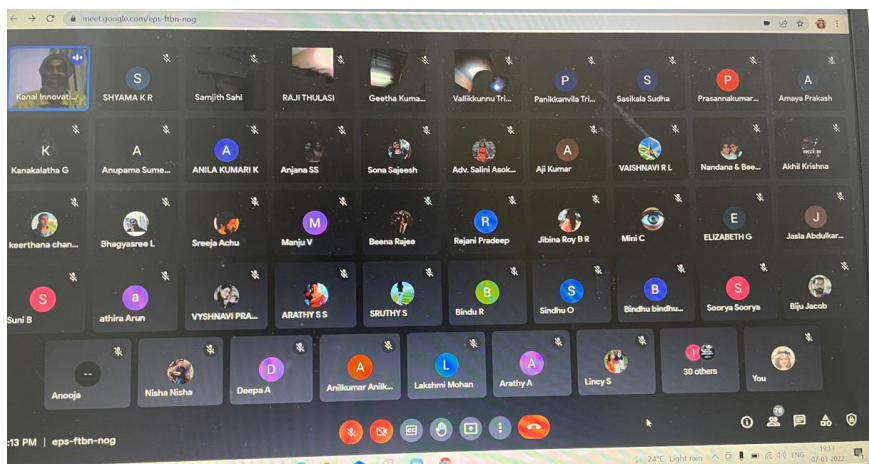
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 തീയതി : 21.07.2022  
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അങ്കുര ഗവൺമെന്റിൽ 2020 ജൂൺ  
 ഭരണസമിതിക്ക് അംഗീകാരം ലഭിച്ച അടങ്കലിനുള്ള  
 വർഷം തുടങ്ങിയ അടങ്കൽ പട്ടികയിൽ അങ്കുര  
 UPS യിൽ വാടക അടങ്കലിനുള്ള അടങ്കലിന്റെ  
 ക്രമീകരണ രേഖകളിൽ ഉൾപ്പെടെ 31-12-  
 2021 മുതൽ 2022 വരെ അടങ്കലിന്റെ  
 1. തീയതി അടങ്കലിന്റെ തുകയും അടങ്കലിന്റെ  
 അടങ്കലിന്റെ പട്ടികയും.

ക്രമ നമ്പർ	അടങ്കൽ അടങ്കലിന്റെ	അടങ്കൽ M/F	ക്രമ നമ്പർ
1	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	36 F	Shamir
2	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	45 F	Shamir
3	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	39 M	Shamir
4	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	53 F	Shamir
5	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	48 M	Shamir
6	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	28 F	Shamir
7	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	30 F	Shamir
8	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	21 F	Shamir
9	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	56 F	Shamir
10	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	28 M	Shamir
11	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	62 F	Shamir
12	അടങ്കലിന്റെ, അടങ്കലിന്റെ തുകയും	51 F	Shamir











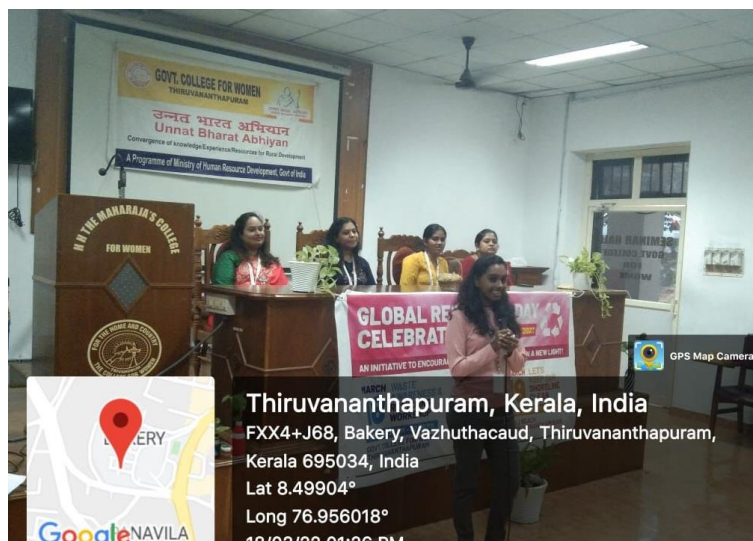
















Weblinks:’

Links for the activity reports:

[www.facebook.com/uba.gcwtvpm](http://www.facebook.com/uba.gcwtvpm)

<https://sites.google.com/view/ubacellgcwtvpm/>

<https://www.youtube.com/channel/UCQCuKGSuI6G3sG1wqi5OuUg>

<https://www.gcwtvm.ac.in/initiatives-of-womens-college-during-covid-19-2/>

<https://www.gcwtvm.ac.in/unarvu-2019/>

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